A Discussion Guide for Facilitators Using "Family Planning: What Every Man Should Know" Grain Sack Charts

FAMILY PLANNING

What every man should know

Plan a Small, Manageable Family for a Better Life

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Introduction

Background

This discussion guide is meant to be used by facilitators together with the "Family Planning: What Every Man Should Know" grain sack charts. Its purpose is to help facilitators conduct small group discussions with men to show the need for family planning; increase knowledge of family planning methods; and encourage men to take part in family planning. The content of the Discussion Guide follows the content of the "Family Planning: What Every Man Should Know" booklet.

Layout of this Discussion Guide

For each grain sack chart, there is an Introduction and a set of Discussion Questions. The picture of the corresponding grain sack is also repeated.

The Introduction gives background information that the facilitator can use to open discussion. The Discussion Questions are meant to make the session interactive. Some Discussion Questions have answers. Facilitators should bring out these points if they do not come out during the discussion to be sure that everyone understands. Other Discussion Questions do not have a correct answer. Instead, these give men a chance to think about their own lives.

It is not necessary to address every Discussion Question. Think about the amount of time that you have and which questions are best for your particular group.

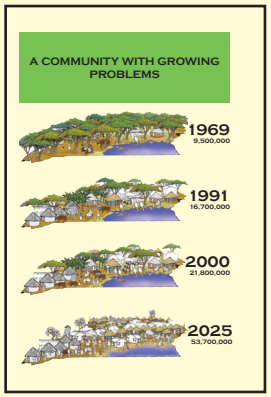
Using Family Planning for Men Grain Sack Charts

- Open the discussion by introducing yourself and explaining that you are here to learn together about Uganda's population crisis and what men can do to help.

- Encourage the men to participate, and invite questions from the participants.
- Make sure everyone can see the grain sack pictures.
- Show the first chart to the participants and use the Introduction provided in the Discussion Guide to open the discussion.
- Ask participants to explain what they know about the topic.
- Ask open ended questions that begin with words like "Why?" and "How?" Open-ended questions require longer, more thoughtful answers. Close-ended questions that can be answered with a simple "yes" or "no" do not help the discussion. This guide provides several examples of open ended questions that can help you guide the discussion.
- Reinforce correct information and correct wrong information using the guidelines in the discussion guide and your own knowledge about and experience with the topic.
- Ask participants if they have any questions about what has been discussed.
- Speak clearly. Use language the community members can understand.
- Avoid reading the discussion guide.
- Though the guide is in English, you may make your presentation in the local language, depending on your audience. Read through the guide and consider how to translate concepts into the local language.
- Encourage participants to see a health worker for more information.

Note to the facilitator: One of the biggest barriers to the use of family planning is fear of side effects. This discussion guide attempts to address several of the myths and misconceptions regarding side effects. As a facilitator, be sure to address questions from the participants about side effects, in particular, to the best of your ability. If you do not know the answer to a question, inform the participants that you will find out and get back to them. Be sure to follow-up.

Chart 1: A community with growing problems



Introduction

In Uganda, our population has started to grow very rapidly. A typical Ugandan family has more than 6 children. This is one of the highest rates in the world.

Discussion Questions

What do you see happening in this picture?

- In 1969, Uganda had 9.5 million people. This number more than doubled to 21.8 million by 2000. Today, Uganda has a population of 31 million people.
- If people continue to have as many children as they do today, in less than 20 years this number will nearly double again, to over 50 million. This increased population is forced to use the same basic resources Uganda has always had.

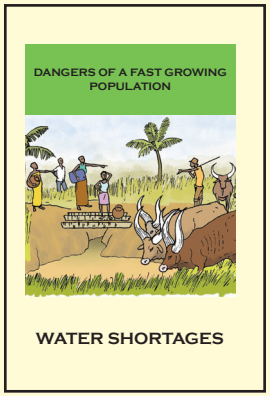
What might happen if men and women continue to have as many children as they do now?

- We will soon face over-population and the country will not be able to support us all.

What are some of the resources that will be affected by overpopulation?

- With more and more people, there are:
  - More houses on the same amount of land.
  - Fewer trees for firewood, shade, and fruits.
  - Less water for people to use.
  - More people eating food.
  - More animals on the land.

Chart 2: Water shortages



Introduction

We are now going to explore some of these problems in more depth, starting with water.

Discussion Questions

The purpose of these questions is to clearly show that larger families use more resources.

What are some of the things you use water for in your home?

- Possible responses might include: drinking, cooking, bathing, washing.

How much water do you use every week?

- Responses will vary by family size and circumstance. A typical amount for a family of 8 is 10 jerry cans per week.

How much water would a family of four use in a week? What about a family of eight?

- A typical amount for a family of 4 would be 5 jerry cans per week. A family of 8 would need 10 jerry cans per week.
- The purpose of this question is to clearly demonstrate that larger families use more water.

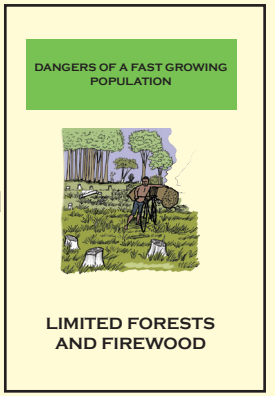
The amount of water in Uganda has not increased, but the number of people has. What would happen if we continue to grow in numbers?

- The water will not be enough.

What problems might arise if there is not enough water for everyone?

- Increases in sickness
- Poor hygiene – not able to bathe, wash clothes or clean house
- Thirst and problems in food preparation

Chart 3: Limited forests and firewood



Introduction

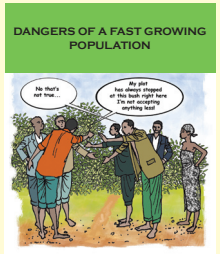
As more people are born, more firewood must be used for cooking. At the same time, more people need more food, and forests must be cleared to use the land for farming.

Discussion Questions

The purpose of these questions is to clearly demonstrate that larger families use more resources.

- How far do you or does your family have to travel to fetch firewood?
- How much firewood would a family of four use in a week? What about a family of eight?
- What would happen if we ran out of forest?

Chart 4: Less Land


DANGERS OF A FAST GROWING POPULATION
No that's not true...
My plot has always stayed at this bush right here I'm not accepting anything less!
LESS LAND

Introduction

In places where the population grows too quickly, there is not enough land to share between the farming families. They cannot grow enough food to feed everybody in the community, the soil becomes exhausted and the plots of land inherited by each member of the family become smaller.

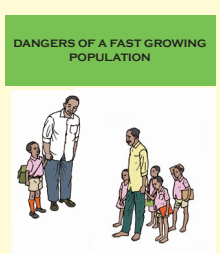
Discussion Questions

The purpose of these questions is to clearly demonstrate that larger families use more resources.

- How much land did your father leave to you?
- How much land will you leave to your children?
- Have you seen any instances in which people fight over land because it is not enough?
- What happens if the soil becomes exhausted because you have to keep using the same land for farming?
- What happens if there is not enough land to grow enough food to feed everybody in the community?

Family Planning: What Every Man Should Know

Chart 5: Poverty



Introduction

Larger families make people poorer. The members of larger families often fail to get good education, health and nutrition. Every new child born in a family adds to the economic burden the man has to carry.

Discussion Questions

The purpose of these questions is to clearly demonstrate that larger families use more resources.

- What are some of the costs you have to cover for your children?
- What things would you like to have or do that you cannot because of a large family size?
- How would having fewer children save you money?

Chart 6: What is the solution?

Introduction

The answer to these problems is simple and inexpensive: family planning. Having a smaller family is easy.

Discussion Questions

What is family planning?

Family planning is when individuals or couples choose when to start having children, how many children to have, when to have them or when to stop having children.

Who can use family planning?

- Everyone! Family planning is not just for married couples. Unmarried couples can use family planning, too. Some methods are used by men and others by women. Family planning methods are usually most effective when the man and woman agree together to use the method.

How many children do most men want to have in their lifetime? Women?

- Generally, men want to have larger families than women. Research shows that men want to have an average of 5.7 children, whereas most women only want 5.

Why might men and women have different ideas on their ideal family size?

- Husbands and wives usually do not discuss family planning with each other.

Why do Ugandans prefer large family sizes? Why do some people think that family planning makes you less of a man?

- Society thinks larger families are better.
- Religion often encourages big families.
- Partners do not discuss family planning together.
- People do not know about the importance and benefits of family planning.

- People fear family planning side effects.
- People think the cost of modern family planning methods is high.
- There are many rumors and false beliefs.

What are some of the advantages to smaller family sizes?

- You have more money, time, and resources to devote to your family.
- You help slow the rapid population growth in your community.

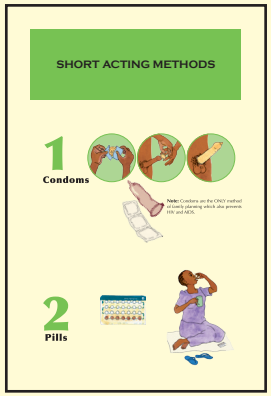
How does family planning make you more of a man?

- You can provide better for your family.
- You can have children to be proud of.

Why are men so important in family planning?

- Men are best placed to reduce overpopulation.
- Family planning is about making decisions and showing leadership, and men are usually the decision makers. What they decide will influence the country's development.

Chart 7: Short Acting Methods



Introduction

There are eight methods you and your partner can use to avoid pregnancy. Some of the methods work for a short time, while some can last longer and some last forever. The methods on this chart, condoms and pills, work for a short time, meaning that you and your partner can easily get pregnant when you are not using them.

Discussion Questions

Condoms

What is the only method of family planning that prevents pregnancy and helps protect against sexually transmitted infections, including HIV?

- Condoms.

How do condoms work?

- Condoms, made out of thin latex, form a barrier that keeps sperm out of the vagina, preventing pregnancy. They also keep any infections away from the other partner.

What is the correct way to use a condom?

- Check the expiry date on the package. Before sex, have it close by.
- Tear open the package carefully. Do not use fingernails, teeth, or anything that can damage the condom.
- As soon as your penis is hard, put the condom on. Squeeze the tip of the condom to keep air out. Unroll the condom down to the base of your penis.
- After sex, hold the rim of the condom. Take the penis out of the vagina before it gets soft, being careful not to spill the semen on your partner.
- Discard the used condom in a latrine or burn it and wash your hands.
- Condoms require correct use every time you have sex in order to be effective.

What are some reasons men do not like using condoms?

- They reduce the feeling. However, this can be a good thing – it can make you last longer during sex!
- It can ruin the moment to stop and put the condom on. However, you can make condom use fun by involving your partner.

What are some of the advantages to using condoms?

- They also prevent Sexually Transmitted Infections (STIs), including HIV.
- They are cheap, sold in many places, and generally easy to get.
- They can be used without seeing a health worker.
- They have no side effects.
- They can help a man last longer during sex.
- They give you peace of mind by knowing you do not have to worry about pregnancy or Sexually Transmitted Infections (STIs).

True or false: Condoms can be used by married couples.

- True! Condoms are – and should be! – used by married couples. They are not only for use outside of marriage.

True or false: Condoms have tiny holes that HIV can pass through.

- False. This is not true. Laboratory tests show that no STI, including HIV, can pass through condoms made of latex.

True or false: A condom can get lost in a woman's body.

- False. This is not true. Once in awhile, a condom can slip off and remain in a woman's vagina if you lose your erection and do not pull out in time. But the condom cannot go any further into the body than the vagina, and the woman can easily remove it.
- You should hold the condom and pull out while your penis is still hard to avoid this.

Where can you get condoms?

- Condoms are available in shops, pharmacies, clinics, hospitals, health centers and from community reproductive health workers.

Pills

How do pills work?

- Pills stop the release of eggs from the woman's body, so she cannot become pregnant.

How do you use the pill?

- The woman takes one pill around the same time every day.

What are some of the advantages to using pills?

- They do not interfere with sex.
- The woman can become pregnant soon after she stops using the pill.
- They can help protect against certain cancers (cancer of the lining of the uterus, cancer of the ovary) and diseases (pelvic inflammatory disease).
- Pills help women have regular periods, reduced cramps during periods and improved skin.

What are some of the disadvantages to using pills?

- They need to be taken around the same time every day in order to be effective.
- They may cause minor side effects, like changes in bleeding patterns, headaches, dizziness, nausea, breast tenderness, weight change, or mood changes.

True or false: Women need to take a rest from pills because they build up in a woman's body.

- False. This is not true. Pills are perfectly safe to take continuously for many years. They also do not collect in the stomach. The pill dissolves each day.

True or false: Pills cause birth defects.

- False. This is not true. Pills have no effect on babies born to women who use them.

What pills are available in Uganda?

- Some brands are Pilplan, NewFem, SoftSure, Overette, Microgynon and Neogynon.

Where can you go for pills?

- Pills are available in drug stores, pharmacies, clinics, hospitals, health centers and from community reproductive health workers.

Chart 8: More Short Acting Methods

Introduction

Emergency contraception and injectables are other family planning methods that act for a short time.

Discussion Questions

Emergency Contraception

What is emergency contraception?

- Emergency contraception are pills a woman can take after she has had unprotected sex to prevent pregnancy.

When should emergency contraception be used?

- It should only be done in an emergency, if a family planning method has failed (e.g. a condom has broken or slipped off), if a woman was raped, or if sex was unprotected and the woman wants to avoid pregnancy.
- Emergency contraceptive pills should be taken as soon as possible after unprotected sex. The sooner they are taken the better, but they can help prevent pregnancy when taken up to five days after unprotected sex.

What happens if you are already pregnant and you take emergency contraceptive pills?

- Emergency contraceptive pills do not work if a woman is already pregnant. The baby will not be harmed.

What are some of the side effects of emergency contraceptive pills?

- Many women report nausea, abdominal pain, or slight bleeding. The woman's next period may start earlier or later than expected. These side effects are not signs of illness.

Where can you get emergency contraceptive pills?

- Special emergency contraceptive pills are available in drug shops, pharmacies, clinics, hospitals and health centers.

Injectables

What is the injectable?

- The injectable is an injection given to a woman in her arm or buttocks every three months. The most common injectable in Uganda is Injectaplan.

How does the injectable work?

- Injectables stop the woman's body from releasing eggs, so she cannot become pregnant.

What are some of the advantages of the injectable?

- It does not require daily action.
- It does not interfere with sex.
- It is a private method; no one else can tell that the woman is using family planning.
- For many women, it stops monthly bleeding.

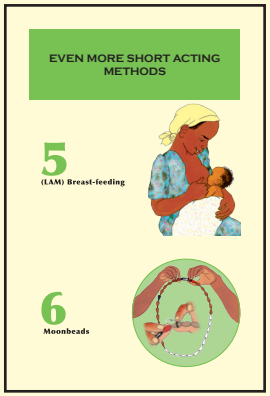
What are some of the side effects of the injectable?

- Once a woman stops using the injectable, it takes several months before she can become pregnant.
- Often, a woman will experience irregular bleeding for the first several months, and then no monthly bleeding. These bleeding changes are not harmful.
- Gradual weight gain is common.

Where can you go for the injectable?

- The injectable has to be given by a health worker in a health center, clinic, hospital or community.

Chart 9: Even More Short Acting Methods



Introduction

In addition to condoms, pills, emergency contraception and injectables, there are also natural methods of family planning that act for a short time, like breastfeeding and Moon Beads.

Discussion Questions

Breast-feeding (LAM)

What is LAM?

- LAM stands for Lactational Amenorrhea Method. "Lactational" means breastfeeding. "Amenorrhea" means not having menstrual bleeding. Woman who are breastfeeding do not have their period for some time. LAM is the use of breastfeeding as a temporary method of family planning.

How does LAM prevent pregnancy?

- Frequent breastfeeding prevents the eggs from being released from the woman's body, so she cannot become pregnant.

When does LAM work?

- LAM only works when a woman is giving the baby nothing but breast milk, when the baby is less than 6 months old, and when the woman's periods have not returned.

What are some of the advantages to LAM?

- Breastfeeding has health benefits for both the mother and the baby. Breast milk is best for babies and breastfeeding is a bonding experience for both the mother and the baby.
- It does not interrupt sexual intercourse.
- It does not require supplies or procedures.
- There are no side effects from LAM.

What are some of the disadvantages of LAM?

- In order for LAM to work, the baby must be given breast milk only – no formula, cow's milk, water or porridge day and night. This may be difficult, especially for working mothers.
- If the mother is HIV positive, there is a chance that the baby can become infected through the mother's breast milk.
- The method no longer prevents pregnancy once menstruation returns.
- Effectiveness after 6 months is not assured.

Moon Beads

What are Moon Beads?

- Moon Beads are a string of colored beads that help a couple to know when a woman is most likely to get pregnant and when she is not likely to get pregnant.
- Each bead represents a day of the woman's menstrual cycle.
- The brown beads are "safe days", when the woman is not likely to become pregnant.
- The white beads represent fertile days, when the woman is likely to become pregnant.
- If a couple avoids having sex on fertile days, they can avoid pregnancy.

How do you use Moon Beads?

- On the first day of the woman's period, move the black rubber ring to the red bead.
- Move the ring over one bead every day.
- When the ring is on a brown bead, the woman is not likely to become pregnant.
- When the ring is on a white bead, she is fertile. The couple should either not have sex or use another family planning method like condoms on the fertile days in order to prevent pregnancy.
- When the woman's period starts again, move the ring back to the red bead and repeat the process.
- Many women will need to skip over some brown beads at the end of their cycle to get back to the red bead. This is normal.

Who can use Moon Beads?

- Moon Beads is only appropriate for women who have regular menstrual cycles between 26-32 days. Before relying on Moon Beads, a woman should establish the length of her menstrual cycle.

What are some advantages to using Moon Beads?

- Moon Beads do not have any side effects.
- Moon Beads is a one-time cost.
- Moon Beads is a family planning method that both men and women can be involved in.

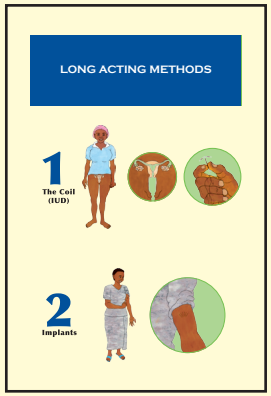
What are some of the disadvantages to Moon Beads?

- Moon Beads can only be used by women with a regular cycle between 26 and 32 days long.
- In order for Moon Beads to be effective, you and your partner must agree not to have sex or to use another method of family planning during the fertile days.
- If a woman has been breastfeeding or has recently used pills or injections, she may need to wait for regular menstrual cycles to return before she can use Moon Beads.

Where can you get Moon Beads?

- Moon Beads are available in drug shops, pharmacies, clinics, hospitals and health centers.

Chart 10: Long Acting Methods



Introduction

There are also methods of family planning that work for a longer period of time.

Discussion Questions

The Coil

What is the coil?

- The coil is a small, plastic and copper device that is inserted into the woman's uterus to prevent pregnancy.

How does the coil prevent pregnancy?

- It stops the sperm from joining the egg.

What are some of the advantages of the coil?

- It is safe, highly effective, and can last up to 12 years.
- It is easy to remove if the user wants to become pregnant.
- It has few side effects.
- It does not affect other medications.
- The woman does not need to come back for new supplies.

What are some of the disadvantages of the coil?

- The woman may experience slight pain during insertion and the first few hours afterwards.
- Changes in menstrual bleeding are common, especially in the first few months. It may cause longer, heavier periods.
- The coil must be inserted and removed by a trained health worker.
- Other possible side effects include cramping and increased vaginal discharge.

True or false: The copper in the coil can rust or react and cause infection in the womb.

- False. This is not true. The coil has been tested and cannot rust inside.

True or false: The coil can move through the womb and pierce other organs.

- False. This is not true. The coil cannot move anywhere else than through the cervix.

True or false. The string of the coil can tie around the man's penis during intercourse.

- False. This is not true. The string is cut short after insertion. It is soft and cannot prick.

Where can a woman go to have the coil inserted?

- A health center, clinic or hospital.

Implants

What are implants?

- Implants are a set of 1-6 very small silicone capsules containing a hormone. The capsules are placed under the skin of a woman's upper arm and can prevent pregnancy for at least 3 years.

How do implants prevent pregnancy?

- Implants thicken the mucus inside the cervix, making it hard for sperm to pass through.
- Implants also prevent the ovaries from releasing eggs.

What are some of the advantages of implants?

- Implants are safe and effective
- Implants last for 3-7 years, depending on the type.

What are some of the disadvantages of implants?

- Some women have irregular periods with the implant.
- Some women experience side effects that include weight gain, headaches, dizziness, nervousness, or nausea.

True or false: The implants can break if they are bumped.

- False. This is not true. The implants are very flexible and soft and cannot break. A woman can carry her child and do all activities as she normally would.

True or false: Implants will give the woman a big scar.

- False. This is not true. The cut is very small and heals quickly.

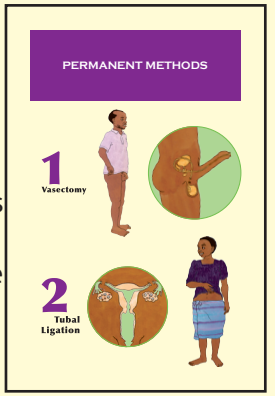
True or false: The implants can move around inside the woman's body or even fall out.

- False: This is not true. The implants remain under the skin in the woman's upper arm. They stay there until a health worker removes them.

Where can a woman go to have implants inserted?

- A health center, clinic or hospital.

Chart 11: Permanent Methods



Introduction

When a couple decides that they definitely do not want to have any more children, they may opt for a permanent method of family planning. These methods cannot be reversed; once a woman has a tubal ligation or a man has a vasectomy, the couple will no longer be able to have children.

Discussion Questions

Vasectomy

What is a vasectomy?

- A vasectomy is a permanent method of family planning for men who are sure they and their partners do not want any more children.
- A vasectomy is a simple operation. A painkiller is given. A doctor makes a small cut in the skin of the scrotum and ties and cuts the tubes that carry sperm to the penis.

How does a vasectomy prevent pregnancy?

- After a vasectomy, a man's sperm will not mix with the semen, and so will not be part of the fluid a man releases during orgasm. Without sperm, a man cannot get a woman pregnant.

Is a vasectomy effective immediately?

- No. After the operation, the couple should use another method for three (3) months to ensure there is no sperm in the fluid during orgasm.

What are some of the advantages of vasectomy?

- Since it is permanent, there is no worry about getting a woman pregnant afterwards.
- It is a safe, simple, convenient surgery.
- It is very effective after 3 months following the surgery.

What are some of the disadvantages of vasectomy?

- You need to use another method until 3 months are over.
- It cannot be reversed. Once a man has a vasectomy, he will not be able to father children any longer.

True or false: A man who has a vasectomy can no longer have an orgasm.

- False. This is not true. A man still has orgasms and ejaculates; there is just no sperm in the ejaculation fluid to cause pregnancy.

True or false: Vasectomy is the same thing as castration.

- False. This is not true. Castration is done to animals, and involves permanently damaging the testicles. Vasectomy does not affect the testicles. A man functions in the same way he always has.

True or false: Vasectomy makes men impotent.

- False. This is not true. Men remain with the same sexual desire and ability to have sexual intercourse.

True or false: A vasectomy makes men weaker.

- False. This is not true. It has no effect on strength.

True or false: Vasectomy makes men become mentally disturbed.

- False. This is not true. Some men regret their desicion if they have not thought it through well.

Where can a man go to have a vasectomy?

- A health center, clinic or hospital.

Tubal Ligation

What is tubal ligation?

- Tubal ligation is a permanent method of family planning for women who are sure that they and their partners do not want any more children.
- Tubal ligation is a simple operation. The doctor gives an injection to numb the abdomen, makes a small cut, identifies the tubes, ties each of them, and makes a cut between the ties. The abdomen is stitched closed.

What are the advantages of tubal ligation?

- It is a safe, simple and effective surgery.
- There is no negative effect on sexual ability or feelings.
- Since it is permanent, there is no worry about becoming pregnant.

What are the disadvantages of tubal ligation?

- It cannot be reversed. Once a woman undergoes tubal ligation, she will not be able to become pregnant again.
- The woman may experience minor lower abdominal pains or discomfort after surgery.

True or false: Tubal ligation stops a woman from menstruating.

- False. This is not true. Menstruation happens when the lining of the womb breaks down. Tubal ligation does not affect the womb, so the woman will continue menstruating as usual.

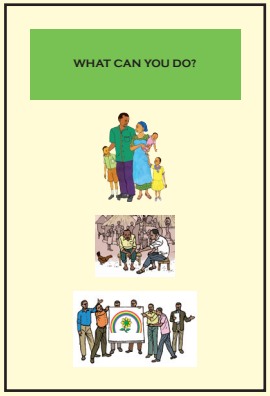
True or false: The womb is turned upside down during the operation.

- False. This is not true. The womb is not affected at all.

Where can a woman go to have a tubal ligation?

- A health center, clinic or hospital.

Chart 12: What can you do?



Introduction

As a man, you need to take the lead to have a small manageable family and to help slow down population growth in your community.

Discussion Questions

What can men do to help stop our population crisis?

- Talk with your partner about how many children you want and how family planning can help you achieve your desired family size.
- Go with your partner to find out more about family planning methods.
- Support your partner in whatever family planning method the two of you decide to use.
- Help other men plan their families. Share the knowledge you have gained from this session with men in your community, friends, and family members.
- Convince others to have small, manageable families!

How could you start a discussion with your partner about the number of children you want to have?

- Tell her about this session you attended today.
- Show her the family planning booklet.
- Explain to her the benefits to your family of having fewer children.

How could you start a discussion with other men in your community about the importance of small families?

- Tell them about this session you attended today.
- Show them the family planning booklet.
- Explain how the growing population has made things worse in your community.

What are some important points to remember about our session today?

- Large families are a burden for men, women, children and the entire community.
- We can slow down our growing numbers by using family planning to have small manageable families.
- There are many family planning options, so that everyone can find something that meets their needs.
- While some women may experience side effects from family planning, many will not. Side effects from family planning methods are usually mild, normal, and manageable.
- You and your partner can switch your family planning method at any time if you are not happy with the one you are using.
- Family planning is more effective when partners support each other.
- Family planning methods do not cause birth defects.
- Condoms are the only method of family planning that also protects against HIV and other STIs.

Where can you and your partner go for more information about family planning?

- Visit anywhere you see the rainbow over the yellow flower.

Use this booklet to discuss family planning and family size with your partner. Spread the word about population growth and family planning to your friends.

Visit a local health centre or family planning clinic, or look for the sign of the rainbow over the yellow flower. These are places where you can get more information.

THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

Plan a Small, Manageable Family For a Better Life